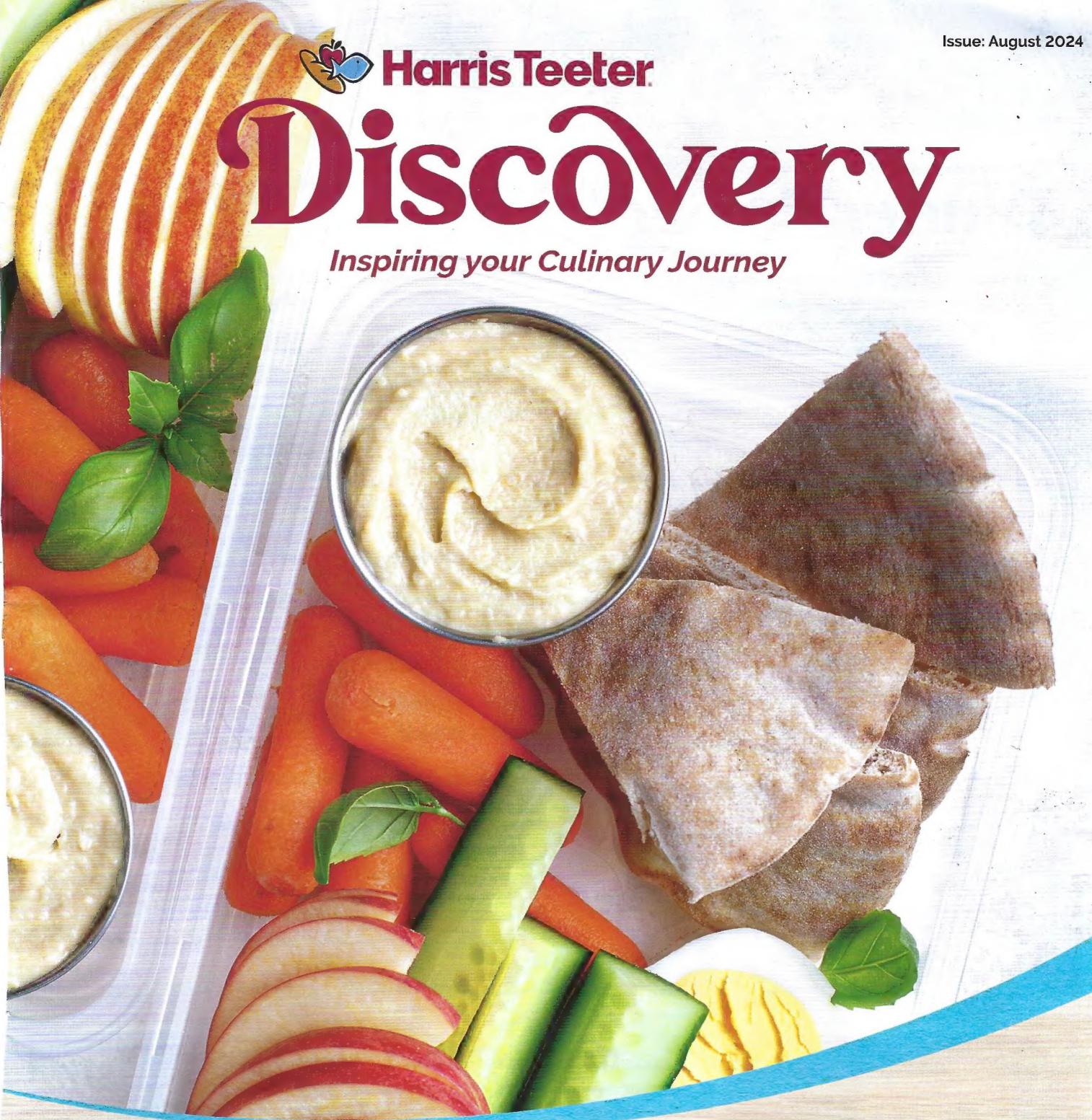




**Harris Teeter**

# Discovery

*Inspiring your Culinary Journey*



**Start  
Awesomer!**  
at **Harris Teeter**.



## What's Inside:

- Organic Produce Savings
- More Ways to Save
- School Night Dinner ideas
- Kids' Activity Page

# Discover What's Happening

Getting ready for back to school? We make

## Dinner Easier

Stop by Harris Teeter for quick dinners that the whole family will enjoy. Look in our Fresh Foods Department for pizza, subs, baked and fried chicken and more.

School's back... make it **easier!**



### Make it a meal!



### Make mornings brighter!



### Harris Teeter Peanut Butter Cheerio Bites

1 cup peanut butter      1 tsp vanilla  
1/4 cup coconut oil      5 cups Cheerios®  
1/4 cup honey



- Warm peanut butter in saucepan over medium heat. Add coconut oil, honey. Stir until combined. Remove from heat & stir in vanilla.
- Pour cereal into large bowl. Pour peanut butter mixture over cereal. Stir until combined.
- Spray mini muffin tin with non-stick spray. Spoon Cheerios® mixture into each tin. Let sit for 3 hrs.



### Breakfast, anyone?

It's peak summer season... the kids are around, maybe it's vacation-time and you are looking for something different, tasty and quick. Try this: A **crusty baguette**, some **cottage cheese** and your favorite **summer fruits** with a drizzle of **honey**... everyone will love it!

Visit [harristeeter.com](http://harristeeter.com) for kid-friendly breakfast recipes



Breakfast Couscous



Egg and Mushroom Breakfast Tarts



Seeded Buckwheat Waffles

### Coming Soon!

## PLUSH HARRY



Proceeds go to your local food bank!



### Waffle PB&J Sandwich Lunchbox

Serves: 2

Ingredients:

4 frozen homestyle waffles, toasted  
2 tbsp. peanut butter  
2 tbsp. strawberry jelly, or grape jelly  
1 cup red grapes, or green grapes  
14 pieces colby jack cheese cubes  
2 Persian cucumbers, sliced

Directions:

Step 1 - Place waffles on a work surface. Top two waffles with peanut butter and the other two waffles with jelly. Sandwich waffles together.

Step 2 - Place waffle sandwiches, grapes, cheese and cucumbers in two lunchbox containers.

# Celebration of Flavors

3

World  
Flavors  
Festival  
French  
inspired



## Strawberry Cheesecake Crepes

### Crepes Batter

1 cup milk  
1/4 cup water  
2 large eggs  
2 Tbsp. melted butter, plus extra to brush the pan  
1 tsp. vanilla  
1 Tbsp. sugar  
1 cup all-purpose flour  
1/4 tsp. salt

1. Prepare the crepe batter: Add all batter ingredients to the blender, ensuring to add the liquid ingredients first. Process until the mixture is smooth, scraping down the sides of the blender as necessary. Place the lid back on the blender pitcher and refrigerate 30 minutes.
2. Meanwhile, prepare the filling: In a medium bowl, combine the cream cheese, sugar, heavy cream and lemon zest. Beat until smooth with a wooden spoon or hand mixer. Set aside.
3. Heat an 8" skillet or crepe pan over medium heat. Brush with melted butter. Lift the skillet and pour 1/3 cup of batter onto the hot pan with your other hand, rotating the pan to spread the batter evenly in a single layer. Return the pan to the cook surface and cook without disturbing for 1-2 minutes or until the edges start to bubble and the batter surface looks somewhat dry. Carefully flip the crepe and cook another 30 seconds.
4. Remove the crepe to a plate and repeat the process with the remaining batter.
5. When ready to serve, spread the crepe with cream cheese and Bonne Maman® Strawberry Fruit Spread. Top with powdered sugar if desired, and garnish with sliced strawberries.

### Cream Cheese Filling

3 oz. cream cheese, room temperature  
1/2 cup sugar  
1/2 cup heavy cream  
Zest of 1 lemon  
1/2 cup Bonne Maman® Strawberry Fruit Spread  
Optional garnish: powdered sugar, sliced strawberries



Serve a decadent breakfast with some Strawberry Cheesecake Crepes topped off with the homemade taste of Bonne Maman® Strawberry Fruit Spread.

## Premium Chocolate

Made in small batches from the highest-quality cocoa beans. Extra dark, extra intense, with subtle notes of vanilla.



## 100% Pure

La Tourangelle avocado oils are all-natural and handcrafted from premium avocados. A delicious, light fruity flavor.



Scan for  
more  
French  
inspired  
recipes.



## Fine Sea Salt

Used in cooking and on the table for salads and meat. Produced by natural crystallisation and is ground to obtain fine, naturally white, unrefined crystals.



## Taste of France

Made in France with pure butter and other real ingredients. A buttery shortbread on the outside and chocolate ganache in the center – the perfect snack!



## Simple & Delicious

The delightful butter sauce and the fragrant flavors of herbs make this pasta side a standout.



# Discover Fresh and Organic

Prices good July 17 - August 13, 2024.



2 lb. bag  
Simple Truth Organic  
Red and Yellow  
Onions  
**3.99**  
each



3 lb. bag  
Simple Truth Organic  
Red, Gold, Russet or Sweet  
Potatoes  
**4.99**  
each



Simple Truth Organic  
Romaine Hearts  
**2 for \$7**



Simple Truth Organic  
Cauliflower  
**4.49**  
each



Simple Truth Organic  
Celery Hearts  
**2 for \$7**



Simple Truth Organic  
Broccoli  
**2 for \$7**



2 lb. tote  
Simple Truth Organic  
Peaches or Nectarines  
**5.99**  
each



5 oz.  
Simple Truth Organic  
Salad Blends  
**3.99**  
each



18 oz.  
Farmers Market  
Organic  
Blueberries  
**8.99**  
each



2 lb. bag  
Simple Truth Organic  
Honeycrisp Apples  
**5.99**  
each



Farmers Market  
Organic  
Zucchini or Yellow  
Squash  
**2.79**  
per lb.



8 oz.  
Simple Truth Organic  
Baby Bella  
Mushrooms  
**2 for \$7**



Farmers Market  
Organic Red or Gold  
Bunched Beets  
**2.99**  
each



12 oz.  
Simple Truth Organic  
Honey  
**4.49**  
VIC  
Savings



8.99 oz.  
Simple Truth  
Protein & Omega 3 Bar  
**5.49**  
VIC  
Savings



2 oz.  
SUJA Organic  
Wellness Shots  
**2 for \$5**



64 oz.  
Simple Truth Organic  
Lemonade  
**2 for \$7**



12 oz.  
Simple Truth Organic  
Honey  
**4.49**  
VIC  
Savings



8.99 oz.  
Simple Truth  
Protein & Omega 3 Bar  
**5.49**  
VIC  
Savings



3.14 oz.  
Simple Truth Organic  
Fruit & Vegetable Bites  
**3.99**  
VIC  
Savings



5 oz.  
Simple Truth Organic  
Sweet Dried Cranberries  
**2.99**  
VIC  
Savings



3 oz.  
Simple Truth Organic  
Mini Rice Cakes  
**2 for \$5**  
VIC  
Savings



10 oz.  
Simple Truth Organic  
Relish  
**2.29**  
VIC  
Savings

save at least 50¢ each with your VIC card

save at least 80¢ each with your VIC card

save at least 98¢ on 2 with your VIC card

save at least 40¢ each with your VIC card

# Shopping Mindfully

The choices you feel good about right here... organic, natural, free from, responsibly sourced and more.



12 OZ.  
Simple Truth Organic  
Sliced Jalapenos

**2.79**

VIC SAVINGS

save at least 30¢ each with your VIC card



5 OZ.  
Simple Truth Organic  
Grain Free  
Tortilla Chips

**2.99**

VIC SAVINGS

save at least 50¢ each with your VIC card



4 pk.  
Simple Truth Organic  
Diced Tomatoes

**4.99**

VIC SAVINGS

save at least 70¢ each with your VIC card



16 OZ.  
Verde Organic  
100% Grass-Fed  
Organic Ground Beef

**8.99**

VIC SAVINGS

save at least \$1.00 each with your VIC card



4.2 OZ.  
Cerebelly  
Organic Smartbars

**4.99**

VIC SAVINGS

save at least \$1.00 each with your VIC card



4 OZ.  
Cerebelly  
Puree

**2 for \$5**

VIC SAVINGS

save at least \$1.98 on 2 with your VIC card



5.3 OZ.  
Elan Organic  
Nut Mixes

**4.99**

VIC SAVINGS

save at least \$1.00 each with your VIC card



4.5 OZ.  
Elan Organic  
Chia Walnuts

**4.99**

VIC SAVINGS

save at least \$3.00 each with your VIC card



.35 OZ.  
Gimme Organic  
Seaweed Snacks

**2 for \$4**

VIC SAVINGS

save at least .98 on 2 with your VIC card



4.6 OZ.  
Lesser Evil  
Organic Popcorn

**2 for \$8**

VIC SAVINGS

save at least \$1.38 on 2 with your VIC card



2.12 OZ. Instant  
Purely Elizabeth  
Organic Granola

**6.99**

VIC SAVINGS

save BIG with your VIC card



3.5 OZ.  
Salento  
Provisions  
Organic Dried Fruit

**4.99**

save at least \$2.00 each with your VIC card

## Shopping Made Easier

The items you want have  
attribute icons displayed  
on the tag

**4.29**

MI DEL GF WF GINGER SNAPS

**\$2.99**

.062 PER OZ  
PRICE GOOD THRU 06/27/23

**\$1.98**

SAVINGS  
WITH YOUR  
VIC CARD

5/1.3 OZ.  
Bobo's  
Oat Bites  
**3.99**

VIC SAVINGS

save at least \$1.40 each with your VIC card



5.6 OZ.  
The Good Crisp  
Potato Chips  
**2 for \$7**

VIC SAVINGS

save at least \$1.98 on 2 with your VIC card



12 OZ.  
Brianna's  
Salad Dressing  
**3.99**

VIC SAVINGS

save at least \$1.00 each with your VIC card



8.6 OZ.  
Three Wishes  
Cereal  
**5.99**

VIC SAVINGS

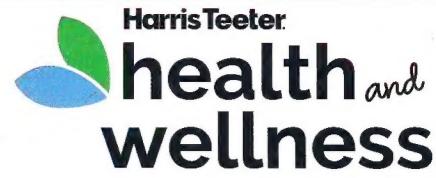
save at least \$2.00 each with your VIC card



# Ask the Pharmacist

Are there any natural or herbal products that can help students cope with anxiety or improve focus and concentration?

- Natural ways to cope with anxiety and improve concentration are increasing exercise and getting an adequate amount of sleep
- Herbal products that can aid in reducing anxiety include:
  - Ashwagandha may help relieve stress, increase energy, and help improve concentration
  - Lavender may help with decreasing anxiety, improving sleep, and provide some benefit in depression
  - Chamomile may help with relaxation, falling asleep, and improving sleep quality overall
  - Talk to your pharmacist at Harris Teeter if you have questions about any of the products listed above. They can provide valuable information on side effects and drug administration for each medication.



## Back to school time...

### VISIT THE PHARMACY FOR THESE VACCINATIONS:

- Flu • RSV • COVID-19 • Tdap • Pneumonia • Shingles
- And many more



For more information,  
visit the pharmacy,  
**SCAN THE QR CODE**  
or, visit our site at:  
[HarrisTeeter.com/vaccinations](http://HarrisTeeter.com/vaccinations)



## Your health and wellness starts with us

### Relief

Say goodbye to sneezes, runny nose, itchy and watery eyes with our trusted over the counter antihistamine medications with cetirizine. Works fast\* and stays strong day after day.



\*Starts working at hour 1.

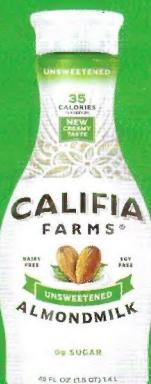
### Calming

Nourishing botanical surfactants with Vitamin E and Pro-Vitamin B5 for a gentle, healthy feeling clean. Infused with Lavender and Marigold Extracts, this body wash gives your skin a petal-soft touch.



### Enjoy

Smooth creaminess with 0g of sugar and only 35 calories per serving. Packed with calcium, it fits right in at breakfast. Use it in recipes that call for milk, from soups and sauces to cakes and smoothies.



# Discover Inspiration

Fuel your  
end-of-summer  
grilling and save!



## Refresh!

Try these summer favorites... perfect for an outdoor brunch with close friends or the neighborhood dinner party crowd!



BE SURE TO CHECK OUT WHAT'S

**NEW**



Squeeze in a protein packed snack.  
Made with real fruit. Great for on the go.



Espresso  
Instantly -  
Cafe style  
crema and  
velvety  
smooth taste.

Take your snacking routine to the  
next level with every lift of a spoon.



**NEW**

Delicate flavor,  
bright taste.  
Premium  
blend of  
Mexican,  
Guatemalan,  
Colombian  
beans. Helps  
conservation.



**NEW**

You asked,  
we listened!  
Totino's  
Breakfast  
bites have the  
same great  
taste you  
know  
and love!



**NEW**

Deliciously  
fun and  
better for  
you snacks



**NEW**

Our Seasoning  
& Sauce Duo is  
all you need to  
make gyros with  
tzatziki sauce  
in your kitchen.  
Ready in just 15  
minutes.



**NEW**

Soli Organic's fresh,  
delicious salad mixes are  
non-GMO, pesticide free,  
and USDA-Certified Organic.



**NEW**

Breathe better,  
Sleep better,  
ZzzQuil Sleep  
Nasal Strips

**NEW**

Persil helps keep  
your clothes looking  
newer, longer.\*



\*vs. leading value detergent



**Harris Teeter**  
YOUR NEIGHBORHOOD MARKET

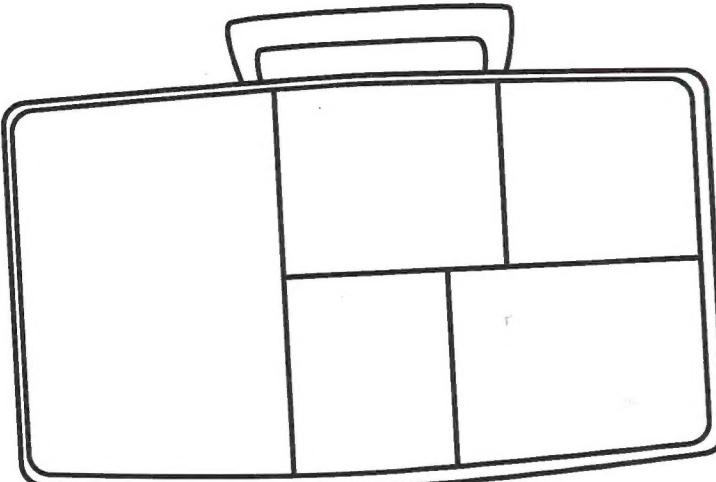
KIDS GET A  
**FREE**  
**COOKIE**  
IN THE BAKERY

# Discover Fun!



## Build a better lunchbox

Draw what you would put in your lunchbox.



Name these tasty lunchbox foods:



## National Cheesecake Day July 30

Pick up a delicious Strawberry Cheesecake in our Fresh Foods Department



## Summertime fave!

Don't forget to pick up s'mores stuff before the summer ends. We love a good backyard campout!



When you visit our stores... round up your total to the nearest dollar.

**Harris Teeter**  
**ROUND UP**

give change,  
create change

**SUPPORT**  
**Backpack  
Boosters**

100% OF FUNDS  
COLLECTED  
DURING THE  
CAMPAIGN WILL  
BENEFIT  
BACKPACK  
BOOSTERS.

- ways to -  
**SAVE**

my  Harris Teeter

visit [harristeeter.com](http://harristeeter.com) to find out  
more about these programs

**eVIC**

Join for personalized e-mails, unique  
savings and access to digital coupons.

**SAVE  
\$100's**  
every month  
when you join

**Harris Teeter**  
**FUEL POINTS**

Earn points every time you  
shop using your VIC card.

**SAVE  
UP TO \$1.00  
PER GALLON\***

\*Terms & conditions apply.

**HT Plus**

Get  
**FREE Delivery**  
and  
**2X Fuel Points**

Try it **FREE**  
for **30 days**